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CUT THROUGH THE ELECTRONIC CLUTTER
HANDWRITTEN NOTES ALIVE AND WELL {page 22}

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LINDSAY LOHAN RELEASED FROM JAIL {page 18}

OTTAWA metro®
Monday, September 27, 2010
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Fallen cops remembered

- Eric Czapnik among those memorialized at ceremony on Parliament Hill yesterday
- Slain Ottawa constable part of 33rd annual Police and Peace Officer Memorial Service

PAWEL DWULIT/THE CANADIAN PRESS

▶ A member of the Roy family stands next to an officer from the Levis Police Service in memory of Const. Melanie Roy during the annual Canadian Police and Peace Officers' Memorial Service yesterday.

They lost their lives while working to keep our communities safe.

Nineteen law enforcement officers killed in the line of duty were recognized yesterday morning during a memorial service on Parliament Hill. Public Safety Minister Vic Toews addressed the thousands in attendance and said, "We must never forget the ultimate sacrifice they have made to protect our citizens from those who undermine the safety of our communities."

Const. Eric Czapnik's name has already been added to the national memorial, a wall of plaques on a fence overlooking the Ottawa River. MIKE BEASLEY

Local

Candidates debate gets wet

Wetlands a popular topic at last night's all-candidates mayoral debate Future development strategies discussed {page 3}

Don't mess with this girl

Nikita star on studying with Jackie Chan {page 17}

Not-so empty nest

Author breaks down the parenting of adults {page 19}

Cowboys score first win

Take Texas-sized battle with Houston {page 25}

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Event. Grape stomp

▶Mayoral candidate Jim Watson holds up a sprig of crushed grapes, jovially threatening to get the juice on Mayor Larry O'Brien's white shirt at the kick off for La Vendemmia's Grape Stomp event yesterday.

TIM WIECLAWSKI / METRO OTTAWA

Residents stomp to help squash cancer

The Grape Stomp is a timed team relay race that features a grape stomp, pasta making and pizza dough toss, finished by a table setting relay and eating with two team members blindfolded. The team with the fastest time was crowned the Ultimate Grape Stompers and were awarded the "I Stomp on Cancer" trophy. Money raised by the event benefited the Ottawa Regional Cancer Foundation.

Wetlands key issue in debate

Candidates speak on transportation, water, food and development strategies

TIM WIECLAWSKI
@METRONEWS.CA

The next city council may start buying property around Ottawa in a big way, at least the wetlands.

Land banking has been a central theme of Clive Doucet's platform since the beginning of his campaign. He's been suggesting undeveloped land around the city could be used for everything from more city parks to water overflow areas. His land bank program would also involve the city purchasing and protecting wet lands.

At last night's all candidates mayoral debate on environmental issues, Jim Watson said the city needs to create a reserve fund so it could purchase environmentally sensitive lands, but there needs to be a better co-ordination between residents and government to produce a binding decision on what constitutes a wetland.

Andy Haydon suggested the city needed a second green belt that would connect five conservations areas. Protecting water supplies and aquifers is definitely in the best interest of the city, said Mike Maguire.

"We need to stop expanding the urban boundary. That is absolutely key. If developers want to make profits by building houses in farm land then we shouldn't be supporting them."
CHARLIE TAYLOR, MAYORAL CANDIDATE

1 news

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Guidy Mamann explores what may potentially be very bad advice offered to aspiring immigrants. More at metronews.ca/immigration

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MARC DESROSIERS/FOR METRO OTTAWA

▶ Eric Le May and his sister celebrate as they cross the finish line of the 100 km leg of the Bike for Beats event yesterday.

A $500,000 bike ride at LeBreton Flats

Inaugural event created to raise funds for University of Ottawa's Heart Institute Foundation

MIKE BEASLEY
OTTAWA@METRONEWS.CA

It was time to kick heart health into high gear yesterday, as the first-ever Bike for Beats event was held at LeBreton Flats.

Raising money and awareness for cardiovascular research and care was the order of the day, with $500,000 in proceeds from the event going to the University of Ottawa Heart Institute Foundation.

Participants could choose between riding three different courses of 25 km, 50 km or 100 km, in and around Ottawa and Gatineau.

338
The number of riders who took part in the first-ever Bike for Beats cycling fundraiser.

"A lot of people have taken up cycling this year and been training for today," said Barry Stanton, the Heart Institute Foundation's director of development. "I would like to think that because of this event we will have more people exercising, which is part of the purpose."

The challenge is geared toward both casual and experienced riders.

For more information on the event, or to register for next year's challenge, visit www.bikeforbeats.ca.

O'Brien not buying sport fee freeze

Larry O'Brien has taken exception to Jim Watson's promise to freeze sport facility rental fees.

If he is elected Mayor, Watson pledged that rental fees for sport fields, hockey rinks and community halls would be frozen for the next four years.

Watson criticized the current council for raising fees by almost 40 per cent for most of those facilities over the past term.

O'Brien responded by calling the pledge a "duplicitous" attempt to "curry voter favour" since Watson was part of the provincial government that approved the Harmonized Sales Tax, which added 13 per cent to those fees.

"You can't make commitments to pennies. My commitment is to a whole different policy that puts more money into parks and rec, provides more services, and lowers fees."
CLIVE DOUCET

The remarks come a few days after Clive Doucet's promise to reduce rental fees.

Though he would not put a precise value on the reduction, Doucet said money currently budgeted for Lansdowne Park and the Downtown Tunnel could easily cover the cost.

TIM WIECLAWSKI

‘They’ve taken the pride I had at being Canadian’

Government claimed first-generation limit was introduced to preserve value of Canadian citizenship

When Paul Compton was born in Scotland, his parents rushed to register him as a “Canadian born abroad.” They were finishing university and were eager to cross the Atlantic to raise their son as a true Canuck.

But 40 years later, their effort to ensure their son’s citizenship has resulted in their grandson being ineligible for his.

Compton’s son Mateo was born in Lima, Peru, just five months after a revamp of the Citizenship Act last April brought a first-generation limit to citizenship by descent for Canadians born abroad.

“It’s ludicrous,” said Compton. “The most important thing for me to do for my children would be to give them my heritage of being Canadian. And I can’t do that.”

HO/THE CANADIAN PRESS

▶ Paul Compton and his son Mateo.

Compton, who was brought to Canada when he was five months old, lived in the country until his early 30s. A teacher, he wanted to work in international schools. He now lives in Lima with his Peruvian wife, but plans to bring his family back to Canada in the future.

His first son, born before the new rules came into effect, automatically became a citizen and has a Canadian passport. Mateo, now a year old, doesn’t.

Last year’s legislation, Bill C-37, was brought in to solve the problems of so called “lost Canadians” — thousands whose citizenship had been taken away from them by outdated provisions of the 1947 Citizenship Act.

But the addition of the first-generation limit created a new problem of statelessness in children born abroad to Canadians who themselves were born overseas.

For Compton, it was like a punch in the stomach.

“They’ve taken the pride I had at being Canadian away from me.”

THE CANADIAN PRESS

Paris. Row-row-row

▶ Participants of the fun rowing competition Crossing Paris on the Seine River row their quadruple scull boat with the Eiffel Tower in background in Paris yesterday. About 1,000 rowers started early in the morning to row 21 miles across Paris.

FRANCOIS MORI/THE ASSOCIATED PRESS

Lovely day for a boat ride

Aid worker kidnapped

Officials said a female British aid worker and three Afghan colleagues were kidnapped yesterday in Afghanistan’s northeastern Kunar province. Provincial Gov. Sayed Fazeullah Wahidi said the Briton was working on international aid projects.

THE ASSOCIATED PRESS

Bus crash kills 12

At least 12 people were killed and dozens injured yesterday when a bus carrying Polish tourists crashed on the highway southeast of Berlin, police said. A police official told the news agency DAPD that seven of the wounded were in critical condition.

THE ASSOCIATED PRESS

Pastor vows to fight

Bishop Eddie Long, the famed pastor of a Georgia megachurch, said yesterday he will fight allegations that he lured young men into sexual relationships, stressing he’d be back to lead the church next week. Four men have filed lawsuits in the past week.

THE ASSOCIATED PRESS

▶ Lt.-Col. Jim Goodman talks to military members after a convoy of military vehicles embarked from a ferry at Argentia, Nfld., on Saturday.

MILITARY PITCHES IN

'A LOT OF PEOPLE ARE CRYING OUT FOR HELP'

The small town of Clarenville on Newfoundland's east coast was transformed yesterday into a military base for relief as nearby communities cope with the after-effects of hurricane Igor.

Army trucks and jeeps rumbled along the main drag in the picturesque town of about 5,000 people.

Soldiers in green fatigues milled around the local civic centre that has become the staging ground for Operation Lama, standard military code for hurricane response.

Randy Phillips, who lives near Clarenville and owns a construction company that has been working since Wednesday to fix crumbling roadways, welcomed the military's arrival.

"There's a lot of bridges down," he said as he prepared to resume work on the Cabot Highway on the Bonavista Peninsula.

More than two dozen communities were still cut off since Tuesday's massive rainfall swelled rivers and brooks that plowed through asphalt.

"A lot of those people are crying out for help," Phillips said. "They're running out of groceries. They're running out of gas."

Electricity for the most part has returned, while much-needed supplies are getting into many isolated communities by boat and all-terrain vehicle.

But Igor cut a daunting swath through the provincial road network that will take weeks to repair.

Sea King helicopters hovered in the air and landed at the local hospital Saturday night, drawing crowds of bystanders.

THE CANADIAN PRESS

Not making the grade

University of Windsor official says students often lose their way because they fail to 'academically connect to their major'

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Ryerson University students in Toronto celebrate the new school year earlier this month.

A grade of C+.

It's enough to shake up a first-year student and spell the end of university career, say some school officials.

As mid-term marks begin to pour in for university freshmen over the next few weeks, Ontario schools say they're on hand to help curb dropout rates across the province.

"We're dealing with students who are overachievers in high school. They often have never had anything worse than an A," said Deanne Fisher, director of student life for the St. George campus at the University of Toronto.

"So, when they come to U of T and find they might have got a C +, or worse, on their first mid-term, that can have quite an emotional impact on them," Fisher added.

While most students continue with their studies after first year — retention rates are steadily improving for many universities — there are still a small number of students deciding to pack it all in.

The reasons are varied, from a crisis at home, to poor marks and financial struggles, to a program that just doesn't deliver.

"The primary barrier to success for our first-year students is not financial, it's their own academic performance."
DEANNE FISHER, DIRECTOR OF STUDENT LIFE, UNIVERSITY OF TORONTO ST. GEORGE CAMPUS

According to the Canadian Federation of Students there is a patchwork of information regarding retention rates across the county, but nothing on a national scope.

But at most universities in Ontario, the retention rates are high.

For example, at Ryerson University in Toronto, 89 per cent of the students from first year continued on to their second year in 2008. THE CANADIAN PRESS

One example

Adam Miceli, 24, is a music student at the University of Toronto.

- But five years ago, he began as a biology student at York University.
- By the time the second semester rolled around, he knew he was ready to leave the school.
- "I was coming right out of high school. I was thrown into things," said Miceli, who said he had been overwhelmed by classes the size of stadiums.

Tug of war costs man his fingers

A Nova Scotia man had his fingers severed in a tug of war during a fall fair over the weekend.

Jim Thurber, 59, was participating in the tug of war Saturday in Bear River in southwestern Nova Scotia when it happened. He had retired a month ago and had been looking forward to playing golf, his mother said. THE CANADIAN PRESS

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ENERGY EFFICIENCY

Fed grants wasted on business

Federal grants to improve the energy efficiency of existing buildings across Canada worked reasonably well for homeowners but were largely a waste of money for businesses, a new study suggests.

The so-called eco-ENERGY program that the Conservative government introduced in 2007 prompted about half a million homeowners to insulate walls and attics, buy better furnaces and plug air leaks.

But the majority of businesses that received grants would have done the retrofits anyway.

Those findings are from a draft evaluation of the $864-million ecoENERGY program.

THE CANADIAN PRESS

Woes still plague India before Games

RAJSHEKHAR RAO/THE ASSOCIATED PRESS

▶ Workers transplant saplings for landscaping outside the Indira Gandhi International Stadium ahead of the Commonwealth Games in New Delhi, India.

◗ Snake found in athlete's room ◗ Follows bridge collapse last week

Two more Australian athletes withdrew yesterday and a South African competitor reportedly found a snake in his room as complaints over cleanliness, security and construction continued to dog the troubled Commonwealth Games a week before the sporting event opens in New Delhi.

While international sports officials have said the situation had improved dramatically in the athletes' village over the past couple days — after inspections last week turned up rooms spattered with chewing tobacco and human excrement — some teams said the situation remained grim.

Tuelo Serufho, head of the Botswana contingent, told Press Trust of India that his team's rooms in the village were "unlivable for our athletes," with filthy bedsheets, bathroom fixtures that did not work and construction debris.

Canadian athletes are expected to begin arriving today.

The games, held every four years, bring together nearly 7,000 athletes and officials from 71 countries and territories from across the former British empire. The games were meant to be a coming-out party for India to cement its reputation as a growing regional power. Instead, its image has been battered by negative publicity about its frantic last-minute efforts to get ready for an event it knew it was hosting seven years ago. The games open Oct. 3.

THE ASSOCIATED PRESS

Man free after bomb threat

Relatives thronged an airport in southern Pakistan yesterday to greet passengers whose flight from Canada was diverted to Sweden after a baseless report that a man aboard had explosives. Canadian officials investigated whether someone with a grudge called in the threat.

The plane was diverted after an anonymous woman in Canada tipped off authorities that a Canadian man on the flight was carrying explosives, said Royal Canadian Mounted Police spokesman Sgt. Marc LaPorte. The tip proved false, and police are now investigating whether the incident was a "terrorism hoax," he said.

A prosecutor decided to release the man after questioning.

THE ASSOCIATED PRESS

Emergency Delta flight lands safely

No one was hurt Saturday evening when Delta Connection Flight 4951 made an emergency landing on its way to White Plains, New York, from Atlanta.

THE ASSOCIATED PRESS

Elmo fends off attacker in tussle

Police in Florida say a man dressed as the Sesame Street character was attacked Saturday at a music store in Winter Park, but was able to fend off the attacker.

THE ASSOCIATED PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ An action plan sign.

Stimulus payments lagging

Some small community groups say the Conservative government that demanded Economic Action Plan signs be installed at their project sites within a week of delivery is now months behind in reimbursement of project expenses.

Adding insult to injury is a federal funding contract that promises to reimburse groups for signs, plaques, bunting and a ribbon-cutting ceremony with politicians — but won't pay interest on money borrowed to keep the stimulus projects underway.

At issue is the $500-million Recreational Infrastructure Canada Program, or RInC, a small part of the massive, recession-fighting budget of 2009.

"Our principal concern around this is largely the carrying costs," said Derek Henderson, the past president of the High Park Curling Club in Toronto, which is struggling to finish a $1.3-million renovation.

THE CANADIAN PRESS

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I am back to working as though I was 30 again. My son and I took a racing trip to Kentucky, driving a 30 foot RIG. On the way home, I had tire failure that required extreme lifting and towing. Although exhausted physically, my neck and spine passed with flying colours. My son and I had to push a weight of 500 pounds on the highway to get back home. When I got home, my wife was waiting anxiously thinking that my pinched nerve would be back again. To her astonishment, I was feeling great! THANKYOU CDPC!

- Mr. & Mrs. Ollie Stephan

Before I threw my back out, I was on a walking program – 1 hour each day for 3 miles. When I saw the ad of spinal decompression, I could barely walk. I was tired of taking countless Robaxacet pills, drugs only mask the pain. CDPC was one of the best decisions I've ever made. After a month and a half of treatments, I'm feeling MUCH better. Once my lower back is 100%, I'm going to start treatments for my upper back. I'm happy to say I've also begun my walking program again. CDPC, you've found a customer that'll keep coming back!

- Quinn, B.

Teaching Grade 4 can be hard on your back and feet. I had been going to physio, chiro for the last five years with no results. When I read about this new treatment, I brought my mother and came in for consultation. Both of us are taking these treatments and I have been able to work in my garden and looking forward to another school year without dreading the pain. THANKYOU CDPC!

- Menelaou, A.

After being a long time sufferer of neck pain, I felt I was reaching my wits end. I had tried everything in the book – acupuncture, chiro, and massage. I refused to give up. That's when I decided to give spinal decompression at CDPC a try. After 5 treatments, I am able to actually move my neck without pain. I am happy to recommend this to anyone in pain.

Biltrami, A.

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PETROS KARADJIAS/THE ASSOCIATED PRESS

▶ Lillian Rosengarten, 75, right, of the U.S. and Reuven Moskovitz, 82, two of nine Jewish activists aboard a boat, wave to the media and friends as it sets sail from Famagusta harbour in the Turkish-occupied north of ethnically divided Cyprus, in a bid to breach the Israeli naval blockade of Gaza.

Ship to attempt blockade break

The vessel Irene will try to reach the coast of Gaza and unload its aid cargo in a symbolic act of solidarity and protest

Irene

Unlike the Turkish flotilla, the British vessel Irene, now en route, carries a group of Jews, including a nurse from Germany and Reuven Moskovitz, a Romanian Holocaust survivor who has lived in Israel for more than 60 years.

Quote "We Jews should have our own country," Moskovitz tells Metro. "But it's wrong for us to oppress another people. We just celebrated Yom Kippur, the feast of reconciliation. I think we should practice reconciliation, too."

ELISABETH BRAW
NEWS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Yesterday, a ship carrying a Holocaust survivor and nine other Jews left Cyprus bound for Gaza. The ship will attempt to break the Israeli blockade of the Palestinian territory. Its cargo: toys and medical equipment.

"Israeli government policies are not supported by all Jews," says Richard Kuper, speaking on behalf of Jews for Justice for Palestinians, sponsor of the trip. "We call on all governments and peoples around the world to speak and act against the occupation and the siege."

Previous attempts to deliver humanitarian aid to Gaza have been thwarted by Israel. In May, Israeli troops killed nine activists onboard a Turkish ship on its way to Gaza.

A spokesman for the Israeli Foreign Ministry declined to comment on the voyage.

Settlers break ground on daycare

Dozens of Jewish settlers broke ground on a new daycare centre deep inside the West Bank Sunday to celebrate the end of the government's 10-month-old construction slowdown at midnight — symbolically renewing settlement activity that threatens to derail peace talks with the Palestinians. Some 2,000 people headed to another nearby settlement for a larger rally, where activists released 2,000 blue and white balloons — the colours of the Israeli flag — into the air at sundown. The balloons were meant to symbolize the 2,000 apartments that settlers say are ready to be built.

THE ASSOCIATED PRESS

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DAVID COOPER / TORSTAR NEWS SERVICE

▶ Smoky Lake, Alta., bills itself as the pumpkin capital of Alberta. People from across Western Canada haul their gourds to the fair every October, hoping to vie for the prize for the heaviest.

Sparce pumpkin patches caused by cold weather

Prairies were deprived of warm conditions while parts of Saskatchewan were hit by floods last summer

Trick-or-treaters searching for the Great Pumpkin might be out of luck this year as cool, wet conditions on the Prairies have stunted growth and left the gourds green.

Instead of a bright-orange rind and pulpy flesh, many pumpkins are on the verge of becoming a mushy mess. That's because they love warm, sunny weather — something that was in short supply across much of Alberta, Saskatchewan and parts of Manitoba this summer.

Eva Lewicki says she hasn't been able to grow a contender for the annual Great White North Pumpkin Fair in Smoky Lake, Alta.

"If we do see sunshine ... coming up and we don't see frost for two weeks, who knows? The pumpkins might turn around and they might all mature."
LLOYD ANTICKNAP, FRONTIER GARDENS

"To grow for the fair ... you plant two or three seeds and ... you grow one humongous pumpkin on the vine. That's what we're trying to do and this year is not a good year," she says.

"It has been too cold."

Lewicki, who has been with the Smoky Lake Pumpkin Growers Association for 20 years, says the trouble started in the spring when the plants didn't get a good start. They've been "very delayed" ever since.

Smoky Lake, about 120 kilometres northeast of Edmonton, bills itself as the pumpkin capital of Alberta. People from across Western Canada haul their gourds to the fair every October, hoping to vie for the prize for the heaviest. Last year, a local grower set a new weight record — a hefty 543.9 kilograms.

THE CANADIAN PRESS

Energy board disputes NDP's rate hike claim

Claims that home hydro bills will rise another $5 a month because of higher guaranteed rates of return for power utilities came under fire Friday from the board behind the rate increase.

The Ontario Energy Board issued a statement saying the 9.85 per cent rate of return it gave to electricity utilities earlier this year would work out to no more than $1.27 more on a monthly bill, and could even lead to slight decreases on some bills.

"When the board set the policy, the impact was estimated to be no more than a dollar a month for the majority of residential customers," said the OEB statement.

The board said the return on equity number is only a forecast.

DAVE CHIDLEY/THE CANADIAN PRESS

▶Premier Dalton McGuinty

The NDP said Friday it was standing by its position that the new rate of return of nearly 10 per cent will add another $240 million in annual profits for utilities that will be put onto ratepayers' bills to the tune of $5 a month.

THE CANADIAN PRESS

Under fire

Both opposition parties have been hammering the Liberal government over soaring hydro bills since the fall session started, sensing an issue that will continue to irk voters until next year's election.

- The PC party and NDP say they're swamped with calls, letters and emails from people fuming about soaring electricity prices.
- The decision to install smart meters in people's homes and force them into more expensive time-of-use pricing for electricity — often at rates nearly double what they were paying 24 hours a day until recently — has left people afraid to open their hydro bills, said the Tories.

Canada gets closer to a deal

Canada moved a step closer to a comprehensive free trade deal with India Friday with the release of a joint research paper that strongly urges closer economic ties.

Answering a question about the poor preparations for the Commonwealth Games, India's Industry Minister, Anand Sharma, noted that India is emerging as an economic powerhouse and anyone who misses the boat will be the loser.

Canada's trade minister said the report shows Canada's economy could benefit by anywhere from $6 billion to $15 billion annually.

THE CANADIAN PRESS

Two junior gold miners to merge

As the price of gold broke the important psychological benchmark of $1,300 US an ounce Friday, two more junior miners joined a trend of growing merger and takeover deals in the increasingly attractive gold sphere.

Mega Precious Metals Inc., based in Thunder Bay, Ont., and Vancouver-based Rolling Rock Resources Corp. announced a $10.1-million merger deal Friday — one of dozens in the Canadian gold industry this year.

The announcement came as gold rose above $1,300, before setting at $1,298.10 an ounce at the end of the trading day.

THE CANADIAN PRESS

CAA workers to strike today

CAA workers in some parts of Ontario are set to strike Monday morning.

The Canadian Automobile Association employees include travel agents, counsellors and insurance agents.

They work out of offices in and around Toronto, Barrie, Orillia, Oshawa and Sault Ste. Marie.

Workers in Simcoe and St. Thomas are also ready to strike.

About 130 workers could walk off the job.

Negotiations broke down Sunday morning.

A spokesman said the dispute is over a two per cent annual wage increase.

THE CANADIAN PRESS

Traders eye growth

Traders looking for reassurance that the economic revival is on track will focus on key data this week concerning growth in Canada and the state of the American manufacturing sector.

The July reading on Canadian gross domestic product comes out on Thursday while the widely watched U.S. Institute for Supply Management's manufacturing index will be released Friday. Both will serve as curtain-raisers for the September employment reports for Canada and the U.S. expected on Oct. 8.

Expectations for Canadian growth are modest.

THE CANADIAN PRESS

Market moment

DOLLAR	Natural gas 1,000 sq ft
+ 0.79¢ (97.50¢)	US $3.892 (– 12.7¢)
OIL	Gold contracts $1,296 (+$1.80)
+ $1.31 ($76.49)	**TSX**
	– 103.07 (12,204.86)

THE ASSOCIATED PRESS

Citigroup gives raises to execs

Citigroup, still partly owned by the U.S. government after a rescue during the financial meltdown, is giving raises to top executives that could amount to millions of dollars.

CEO Vikram Pandit, who is drawing a salary of $1 for the second year in a row, did not get a raise, but the bank's chairman hinted it plans a big payout for him next year.

THE ASSOCIATED PRESS

Food prices are falling: Grocers

TORSTAR NEWS SERVICE FILE

Industry experts say trend is expected to reverse next year

Industry insiders say if grocery prices are falling, as Canada's largest grocery chains report, it's hard to tell because they don't reveal how they calculate price fluctuation and the declines are likely limited to highly competitive areas and selected promotional products.

Furthermore, any price deflation will soon be erased by higher costs and improved demand.

Economists, organizations, academics and analysts say short-term food price deflation is based on chains competing for scarce shopping dollars and will rise into next year along with improved consumer sentiment and commodity prices.

John Cranfield, a professor of food economics and marketing at the University of Guelph, says no one wants to raise their prices because that will only encourage fickle customers to switch their loyalties.

The rising prices of key crops like wheat and corn, which are found in an array of items on supermarket shelves, and other staples like coffee and sugar is going to further squeeze grocers' margins.

Wheat prices are expected to spike into next year after Russia — the world's third-largest wheat exporter — extended its export ban on wheat and feed grains until next November following a severe drought.

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WALKING ON THE EDGE IN OTTAWA

Urban Compass

STEVE COLLINS

Somebody has left flowers on the spot where Leo Paul and Sherrianne Regnier were killed, stupidly, randomly mowed down Sept. 16 by a motorist, as they waited on the sidewalk for a bus.

We were horrified by these senseless deaths that came out of nowhere, orphaning the Regniers' three daughters, and chilled that it could have happened to almost anyone.

We see too many bouquets and teddy bears on the pavement, and ghost bikes, too, the white-painted reminders erected where cyclists are killed in traffic.

Any number is too many, but between 2004 and 2009, 1,600 pedestrians were hit by vehicles here. At an average of 267 a year, impacts of metal on bone are uncomfortably close to a daily occurrence. Some are fatal, some crippling, some lucky. Most are avoidable.

In a way, it's surprising there isn't more of this, since shockingly bad driving is hardly a rare sight in the city.

Last week alone I saw two cars T-bone each other at an intersection with traffic lights, watched a car swerve to avoid the van that was in his way as he illegally crossed O'Conner at Cooper, and observed the not-terribly smart driver of a Smart car weaving through traffic while jabbering on her cellphone.

"You will even see the rare bookworm actually reading while they walk, though I have yet to see a walker trying to shave while in transit ..."

And not all the dummies are behind the wheel. Also in the past week, I've counted my own not-infrequent jaywalking when I think the coast is clear. Pedestrians are too often anesthetised by ear buds and stupefied by cellphones.

You will even see the rare bookworm actually reading while they walk, though I have yet to see a walker trying to shave while in transit, as I saw a motorist doing not long ago in his rear-view mirror.

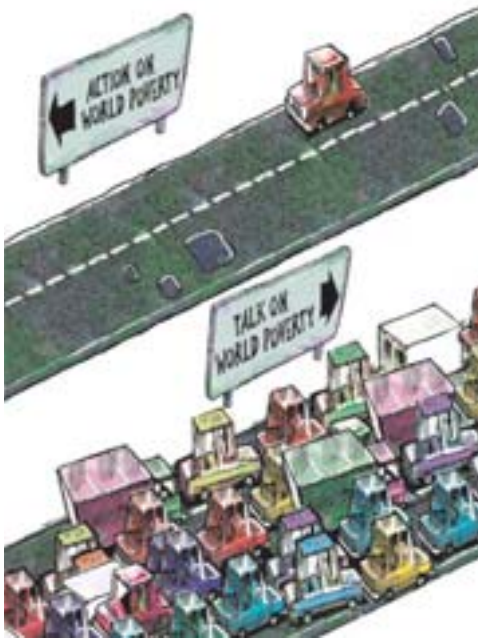
Winter is coming and pedestrians won't want to sit freezing on the corner for the light to change again so they will make those desperate dashes for the other side. (In the depths of January and February, will to live may not be at an all-time high among the walkers, either.)

A story like the Regniers' may wake us up for a couple of days, get us to ease off the gas pedal and cover the brake, or take a second look before stepping off the curb, but we're all in such a hurry, minds on where we're going and what we will do there, instead of on maximizing our chances of getting there in one piece.

Cartoon

MICHAEL DE ADDER

Less mumbo jumbo



Worth mentioning

Bureaucrats at the federal energy watchdog are about to get a crash course in clear writing.

The National Energy Board has hired a consultant to give its staff plain-language training, new documents show.

The training will cost about $155,000.

The energy board says the public will have an easier time understanding its reports and rulings if they're written in simple sentences.

The board has been reviewing offshore drilling rules since a rig exploded in the Gulf of Mexico and caused a catastrophic oil spill that tooks months to plug.

Documents obtained by The Canadian Press under the Access to Information Act show the board's vice chair took a plain-language course and thought the training could help her staff. The board has brought in Calgary-based Wordsmith Associates to give two-day courses, which will be held five times a year for the next three years.

But one critic says Canadians shouldn't have to foot the bill for such a seemingly basic skill. "So, taxpayers, in effect, are paying to translate bureaucratese into English, or French per se?" said Kevin Gaudet, head of the Canadian Taxpayers Federation. "Great." THE CANADIAN PRESS

Keep it simple

What superpower do you wish you had? Why?

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Metro Minute at the Drop Zone

Drop by the Delta Ottawa Hotel and Suites on Queen Street any time between 8:15 a.m. and 4:30 p.m. to watch some brave fundraisers do their best superhero impressions.

Approximately 65 people, who each raised at least $1,500 for Easter Seals, will get a chance to rappel down the north tower of the hotel. People will be stepping off the roof every 15 minutes. At 12:30 p.m., a special abilities rappeller will be heading down the side of the building in a wheelchair. All proceeds from the Drop Zone event will help families of kids with physical disabilities with the cost of mobility equipment and communication devices.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ People will be rappelling down 18 storeys from the roof of the north tower of the Delta Ottawa Hotel and Suites.

2 scene

Box Office

Movie fans are investing in Michael Douglas and Oliver Stone's Wall Street sequel. Wall Street: Money Never Sleeps debuted as the No. 1 weekend movie with $19 million, leading a crop of so-so to weak newcomers.

The animated adventure Legend of the Guardians: The Owls of Ga'Hoole opened in second place with $16.3 million. The mother-daughter comedy You Again debuted at No. 5 with $8.3 million.

THE ASSOCIATED PRESS

It's a wrap: 'Reach' marks bittersweet finale for Halo composer Marty O'Donnell

The story behind Facebook's creation

Author Ben Mezrich's 'non-fiction thriller' explores how several Harvard students created a billion-dollar social networking industry

CÉLIA PEDROSA
SCENE@METRONEWS.CA

American author Ben Mezrich recounts the birth of the world's biggest social network in the controversial book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal.

Two students and friends, Mark Zuckerberg and Eduardo Saverin, wanted to meet girls and be accepted into the Harvard elite, so they started up a fledgling version of the now ubiquitous social network. The friendship ended up in court, and Saverin decided to tell his story to Mezrich. The book was adapted into a movie, The Social Network, that is coming out this Friday.

Mezrich spoke to Metro's Celia Pedroso.

Where did the idea for the book come from?
It started with an email I got from a college kid who was best friends with Eduardo Saverin. Eduardo wanted to tell me his story, about how he felt he had been betrayed by his best friend. I was fascinated by the drama of the youngest billionaire in the world, and what he had done to create Facebook. I was already on Facebook, and my wife uses it every day. I didn't know anything about how it had been founded, or the drama surrounding these two best friends.

Did you use a lot of sources from inside Facebook?
I had many sources inside and out of Facebook. Many college kids who had been there when it was founded and many people who are in the book itself. It took about a year to research and write.

What surprises did your investigation unearth?
I was surprised by how fast Facebook became this billion dollar company — and also how none of the characters central to the story really cared that much about getting rich. Mark (Zuckerberg) doesn't care about money, just about Facebook. It was amazing to see how these geeky college kids, who really just wanted to meet girls and be cool, managed to change the world.

Why did you decide to write it as a novel?
Actually, it isn't a novel, it's a nonfiction thriller — a genre that I am creating with my books, true stories written as if they were movies. This is my style — it upsets some journalists, especially here in the U.S., but I think it's a great way to tell a true story. The facts of the book are true, it's just written like a thriller.

ETHAN MILLER/GETTY IMAGES

▶ Ben Mezrich wrote the book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal. The book was adapted for the movie The Social Network.

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TV Picks

The Lone one

It's a lonely world for Lone Star fans. The new series received dismal ratings for last week's premiere, which set up an intriguing story of a Texas conman named Bob. Fox hasn't given up on the promising show yet, and in tonight's episode, Bob's girlfriend becomes suspicious. (Global, Fox)

Teenage photographer

Entourage star Adrian Grenier follows a young shutterbug and explores his own relationship with the media in the documentary Teenage Paparazzo. Directed by Grenier, the film focuses on young Austin Visschedyk as he pursues celeb photos at all hours of the night. (HBO Canada)

THE CANADIAN PRESS

Intergalactic role of a lifetime

- Star Robert Carlyle doesn't feel pressure in taking on the Stargate Universe franchise
- Says living in Vancouver away from his family helps him understand his character

SUBMITTED

▶ Actor Robert Carlyle says his kids would like it if his SGU character had an action figure.

NED EHRBAR
METRO WORLD NEWS

Scottish actor Robert Carlyle has had long and successful life in film, including career-making roles in Trainspotting and The Full Monty. But since last year, he's been settling into a regular TV role on Stargate Universe, the third series in the popular Stargate franchise.

"It wasn't something that I went out to try to find. It was something that found me," Carlyle says of the career change. With the show's second season set to debut, Metro caught up with Carlyle in Vancouver on the SGU set.

How do you relate to your character?

It's interesting that the one thing that has helped me — the strange thing, sad as well — my family are home in the U.K. I'm on my own here in Vancouver. I don't really know too many people. I don't really go out at night, I'm not that kind of guy. I mean, of course, I'm not stuck up in a spaceship millions of miles away, but anything for an actor helps. And the sadness in my life at the moment, which is missing my family, is actually helping me in the role. (laughs)

You weren't a fan of science fiction?

Not that I'm not a fan, I just don't really know it, you know? For instance, I've never seen Star Wars. I've never seen any of these films. Never interested me. But other types of science fiction — 2001 was just a classic film. I think the very first Alien film is a fantastic film, also. These are slightly different, I guess, from the norm. And I think this is what this is as well. It wouldn't do for me to be pressing buttons and blowing things up. I mean, anyone can do that. It's not my bag.

Is there anything you can tell us about the second season?

Can I give everything away? No, I can't. No, but what I can say is the heart of the second season is the revelation that there is in fact a mission, that there always has been a mission, and it's never been about going home. I learned this expression in San Diego, at Comic-Con. It's called a "game-changer." It's a game-changer, episode eight.

Do you enjoy going to Comic-Con?

I've only been twice. I only went to San Diego last year and this year. That's enough for me. But I think it's fun. I was sitting with my wife having dinner on one of the main streets and a thousand zombies walked passed. You don't see that every day.

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BRYANT LIVINGSTON/THE ASSOCIATED PRESS

▶ In this publicity image released by TLC, the Browns, from left, Janelle, Christine, Kody, Meri, and Robyn from the TLC series, Sister Wives, are shown.

TLC documents the world of polygamy in Sister Wives. Why one family is willing to welcome cameras into its home

Big love, indeed

AMBER RAY
scene@metronews.ca

Big Love brought polygamy into the public conversation. Now TLC's new Sister Wives gives its practitioners a platform to have their say.

The docu-series revolves around a fundamentalist Mormon, Kody Brown, whose family in Utah includes three — soon to be four — wives and 13 children. It airs Sunday nights.

"I felt like the secretiveness of the (polygamist) society has been a little bit dangerous for the society, as well as the public," Brown says of the practice. "This is part of our reason for essentially 'coming out' — it's a story that needs to be told."

The Browns' story is as much about the logistics of running such a large household, as satiating the audience's curiosity about their lifestyle.

"Like every other American family, it just takes everything that we've got (to make it work)," says Christine, Kody's third wife.

The family's co-workers and kids' friends are aware of the Browns' practices (there is, technically, only one legal marriage).

"We are strong personalities, believe me."
JANELLE, THE SECOND WIFE, ON HER SISTER WIVES

The clan lives in one home divided into three apartments, with Robyn, the impending fourth wife, currently living in a separate house (she also has three children with a former husband).

"We are strong personalities, believe me," says second wife, Janelle of her sister wives.

"We are raising these children who have all of this exposure to these strong, awesome women, and I think you will see that they have turned out beautifully."

And if you're wondering about any jealously amongst the women and their man, like in Big Love, there is a system for Kody to spend time with each wife.

"We just have a schedule. I'm actually still trying to figure it out," he jokes.

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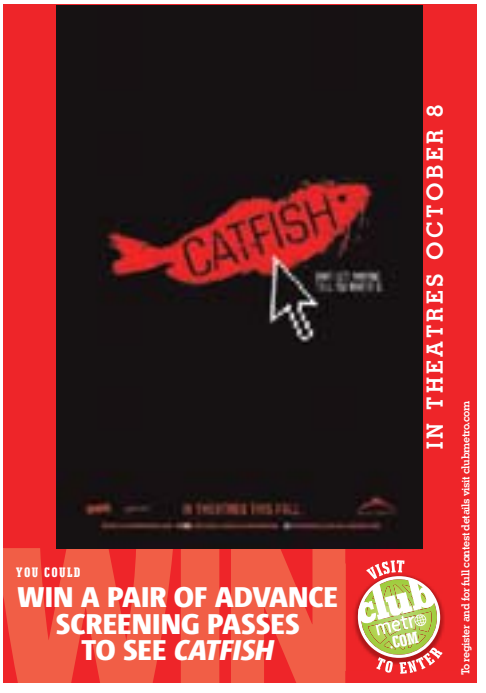
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HANDOUT

▶ Maggie Q stars in the spy drama Nikita

A professional badass actress

The Nikita star makes taking out bad guys look easy No, she isn't a kung fu master But she did learn from Jackie Chan

AMBER RAY
scene@metronews.ca

Kicking butt looks like second nature to Maggie Q, star of the spy drama reboot Nikita, in which she plays a government-trained assassin gone rogue. It's a trait that she picked up while working as an action star in Asia for nearly a decade (she was a student/model there when Jackie Chan trained her to star in films he was producing), but that doesn't mean perfecting killer moves has gotten easier.

"Because … I'm half Asian, (people) immediately go, 'Oh, well, you do kung fu.' Like that's what we do. We wake up. We do kung fu. We brush our teeth. That's what we do," jokes the 31-year-old, who was raised in Hawaii. "So it's just assumed that you're not working your ass off to make this believable and make this something great. I've been doing it for long enough that I have a formula that works for me. But it certainly isn't something that I can close my eyes and do. Absolutely not."

"His team of guys trained me when I was very young. They broke me, basically, and sort of molded me."
MAGGIE Q ON LEARNING FROM JACKIE CHAN'S TRAINERS

On the contrary, the actress who insists on doing her own stunts admits she's "cracked and fractured a lot of different body parts" throughout her career. But that doesn't keep her from wanting to work at any pace less than full-throttle.

"When I was living and working in Asia, they did films sometimes in two weeks. So I actually realize now that I'm very used to (the fast pace of television), and I kind of enjoy getting (scenes) out of the way and saying, 'Let's move on. Let's do something cool again.'"

Scene in brief

Governor turns tables on SNL

NEW YORK. Mocked for years on Saturday Night Live, the governor of New York has appeared on the show to dish back.

Gov. David Paterson came on Saturday night during the show's Weekend Update segment. He interrupted cast member Fred Armisen, who was in character as the governor. Armisen plays Paterson as a clueless blind man with a past of youthful drug use and womanizing.

Paterson joked that being governor is a lot like Saturday Night Live. He says "there are a lot of characters, it's funny for 10 minutes and then you just want it to be over."

Sketch tackles sticky issue

COMEDY. With the new season of Saturday Night Live comes a fresh batch of political satire — and Delaware Senate hopeful Christine O'Donnell is the first target. The sketch portraying the tea party darling O'Donnell concerned about her speaking out against masturbation. The actress playing O'Donnell says she is no longer against masturbation and, in fact, masturbates constantly. She also says she once ran a dog fighting operation and burned down a house. **THE ASSOCIATED PRESS**

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Lohan out of jail on $300,000 bail

Actress to wear booze monitor

Once again, Lindsay Lohan didn't spend very long in jail.

The troubled actress was taken into custody Friday for her parole-violating positive drug test, but just before midnight she posted $300,000 bail and was released after the judge's denial of bail order was reversed, according to People magazine.

Lohan is free until her next hearing on October 22, but she must once again wear an alcohol-monitoring anklet, and she also must stay out of any establishments where "alcohol is the chief item for sale."

METRO

▶ LiLo's brush with the law continues.

Talking points

Perry, Brand buy 'crash pad'

HOMEMAKERS. Ahead of their impending nuptials, Katy Perry and Russell Brand are snatching up some new property. The pair recently closed on a $2.7 million two-bedroom penthouse apartment in lower Manhattan, according to the New York Post. Perry and Brand are reportedly calling the 1,500-square-foot space their "crash pad" — and not a primary residence — to avoid New York income taxes.

METRO

Who's afraid of Bieber?

CANADIAN THREAT. Though Justin Bieber has been taking some of their spotlight away, the Jonas Brothers aren't worried about the Canadian singer's increasing popularity. "I think there is room for everybody," eldest brother Kevin Jonas says, according to Exposay. "We're not afraid of anything or worried about anything.

METRO

Justin Bieber

Celebrity tweets

Eliza Dushku [@elizadushku] there's a blowtorch on my tonsils

Samantha Ronson [@samantharonson haven't been able to see her since her fall from grace :(

Jonathan Ross [@wossy] The dentist told me I produce a lot of saliva. Apparently that's a compliment

Katy Perry [@katyperry] Wow, looks like my play date with Elmo has been cut short!

▶ David Beckham

Becks sues rag mag

David Beckham is suing In Touch Weekly for reporting that he had cheated on Victoria Beckham in 2007 with a prostitute, according to Hollyscoop. Irma Nici, who claims David slept with her five times three years ago, is also named in the suit. The soccer star's lawyers insist the claims "are completely untrue and totally ridiculous ... Sadly we live in a world where a magazine can print lies."

METRO

▶ Madonna

Madge evades Kutcher query

RUMOURS. Madonna isn't interested in commenting on the rumours about marital problems between fellow Kabbalah devotees Demi Moore and Ashton Kutcher. While Madonna was promoting her new clothing line, a reporter for The Insider asked about Kutcher's rumoured infidelity, but her longtime rep, Liz Rosenberg, slapped the microphone away before her client could answer, chastizing the reporter with, "bad girl," according to Page Six.

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▶ Zac Efron

Efron gets hair out of face

Zac Efron is glad to be rid of the shaggy haircut that made him famous during his High School Musical movies, but he admits getting a trim has had some unexpected consequences. "It used to keep getting in my eyes. It was a serious hazard," Efron says, according to Hollyscoop. "Now when I'm working on a movie, it take a lot less to look after it. There's a couple of people we don't have to hire just to keep my hair out of my face."

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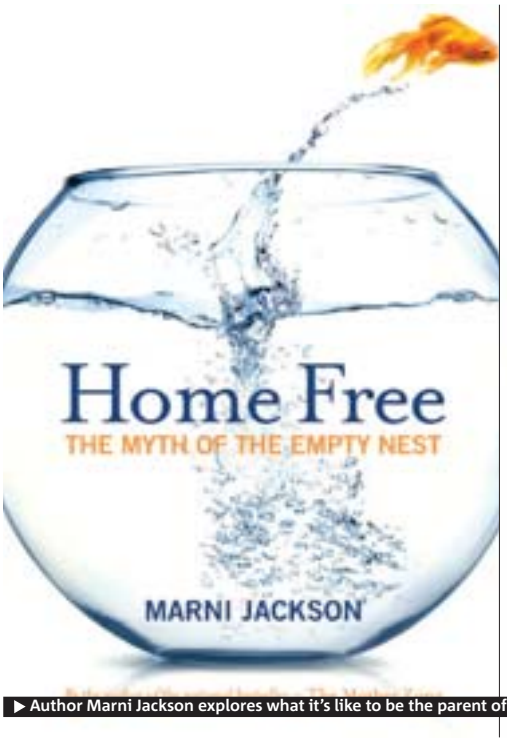


▶ Author Marni Jackson explores what it's like to be the parent of a young adult in Home Free.

Exploring the myth of the empty nest

When author Marni Jackson was writing Home Free, she was really astonished at the expectations she brought to her son's future

The author of one of Canada's early "mother-lit" books has returned to her old terrain, this time exploring the "push-pull" that takes place as parents watch their grown offspring head out into an increasingly complicated world.

The new memoir Home Free: The Myth of the Empty Nest by Marni Jackson serves as a followup to The Mother Zone, published in 1992 and dealing with the birth, toddler and early childhood years of son Casey.

"The Mother Zone was about me surrendering to motherhood … which is part of the joy, but I was busy being very independent, so that was difficult," Jackson said.

"Whereas, of course, this third act of family is about … learning to un-mother, and it's about not doing things, and it's about zipping your lip and pulling back, and putting your focus on yourself and other things."

"This third act of family is about … learning to un-mother, and it's about not doing things." MARNI JACKSON

The much-talked-about boomerang generation — kids returning to the empty nest — was the subject of a New York Times article about young people taking longer to reach adulthood.

Jackson said what happens in the family reflects economic, political and social forces.

"And I think that's what's happening now is a lot of this 20-somethings not growing up, of course, reflects the economy," she said. THE CANADIAN PRESS

Professionalization

- Jackson noted that parenting wasn't a common topic among writers when she wrote the first instalment, but now we're flooded with parenting books.
- What took place was a "professionalization of parenthood," she observed.
- "Partly I think that happened because a lot of women who were determined to have careers and be full-time workers went 'wait a minute, I'm missing out on family.'"

3 life

Welcome

Disney memories online

Disney has launched a website with the sole purpose of showcasing photos, videos and other user-generated content from park visitors and fans. "We're inviting our guests to share their family memories online and in the parks." said Tom Staggs, chairman of Walt Disney Parks and Resorts, at a New York event last week launching the site, DisneyParks.com/Memories.

THE CANADIAN PRESS

1 in 5 gay or bisexual men has HIV and many don't know it: CDC study

Yummy squash chowder

Hearty butternut squash and scallop chowder a healthy choice

The term chowder usually brings to mind a steaming bowl of thick and chunky soup, often enriched with a generous amount of whole milk, or even cream.

It's that last part that can dishearten the diet-conscious diner. Soups and some stews can be a great way to fill up on low-calorie vegetables, proteins and liquid, leaving you satisfied without feeling stuffed. But too much cream, milk or sour cream can take the virtue right out of the meal.

Yet there are ways to have a creamy and healthful soup. For instance, consider starting with a base of puréed vegetables. Winter vegetables — such as butternut or buttercup squash, pumpkin or even sweet potatoes — can be roasted to intensify the flavours, then run through a food mill, blender or food processor to make a velvety, creamy base.

Beans, puréed with a bit of broth or water, also make a thick, flavourful soup base. Use convenient canned beans, but be sure to rinse them under cold water to wash away some of the salt that is in the canning liquid.

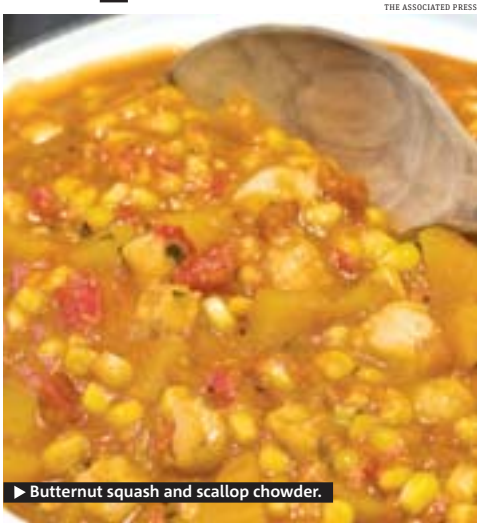
Even tofu (the soft or silken variety) can be puréed to create a smooth and protein-rich foundation on which you can build a creamy soup with little fat and no dairy.

For this butternut squash and scallop chowder the secret to low-fat thickening comes from a snack food. Crumbled tortilla chips dissolve in the soup while it's cooking, adding plenty of body along with a layer of toasty corn flavour.

Jarred salsa is another secret to this satisfying chowder, bringing with it pre-diced vegetables and spicy seasoning, which helps make it possible to get this meal on the table in under 30 minutes on a busy weeknight.

Plump bay scallops are called for here, but you can substitute chunks of almost any white fish and if you like, make the soup vegetarian by omitting the seafood altogether and upping the amount of diced squash.

THE ASSOCIATED PRESS



▶ Butternut squash and scallop chowder.

Ingredients :

- 500 ml (2 cups) peeled and diced butternut or other winter squash
- 500 ml (2 cups) medium or hot tomato salsa
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 75 ml (1/3 cup) crumbled reduced-fat corn tortilla chips
- 500 ml (2 cups) frozen corn kernels
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) ground cumin
- 500 g (1 lb) bay scallops
- 15 ml (1 tbsp) lime juice
- Lime wedges, for squeezing

Preparation:

1. In a large pot over medium-low heat, combine squash, salsa, broth and tortilla chips. Bring to a simmer, cover pot and cook until squash is tender, 5 to 7 minutes.
2. Stir in corn, oregano and cumin. Return soup to a simmer, stir in scallops and cook until they are opaque at the centre, 2 to 3 minutes more.
3. Stir in lime juice. Serve with additional lime wedges for squeezing.

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Thanks to breeding and reintroduction programs at zoos and aquariums around the world, rare animals and amphibians are making a comeback

A zoo can be a frog's safe haven

▶ An Andean glass frog is kept at the PUCE centre in Ecuador, waiting to go back to its forest.

When Przewalski horses galloped across Mongolia's Gobi desert in 1992, it was a sight that hadn't been seen since the 1960s.

That a few hundred of the world's only remaining true wild horses now roam their native Mongolia again is partly thanks to dedicated work by conservationists at zoos in several European countries.

"They are doing very," says Dr. Gerald Dick, director of The World Association of Zoos and Aquariums (WAZA) in Geneva. "This is an example where zoos have really made a difference."

He has co-written a book, Building a Future for Wildlife, highlighting 25 similar success stories where animals have made comebacks in their natural habitat thanks to breeding and reintroduction programs at zoos and aquariums around the world.

"Sometimes this is the only option you have to save a species ... while you're hoping that nature will change," he says.

Urgently in danger today are many of the world's frogs and amphibians. Almost a third are at the risk of extinction. "Amphibians are a really important task that we have taken on," says Dick.

Zoos and aquariums are in a good position to work for conservation because of their access to animals and expertise in taking care of them.

"About 600 million people worldwide visit zoos every year. We can directly inform them and educate them," adds Dick. "One of our main functions is to inform people, bring awareness and also make politicians aware of these issues." METRO

▶ Two Przewalski mares back in Mongolia.

Przewalski Horses

The Przewalski horse, native to Mongolia, became extinct in the 1960s because of competition with livestock, overhunting and disease. It survived thanks to the capture and breeding of 13 horses.

LINDSAY COULTER

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DAVIDSUZUKI.ORG/BLOGS/QUEEN-OF-GREEN

WET ALTERNATIVE TO DRY CLEANING

QUESTION:
How can I safely clean clothes labelled "dry clean only" to avoid toxic chemicals?
Robin from Vancouver

The toxic chemical you are referring to is perchloroethylene (or perc), and most dry cleaners use it as the primary cleaning solvent.

Unfortunately, perc is a carcinogen and respiratory irritant. Fumes from damp dry cleaning can contribute to indoor air pollution evaporating from your clothing.

So if you must use conventional dry cleaning, remove the plastic bag and hang clothes outside to speed up the evaporation of solvents. This will prevent off-gassing of chemicals into your home.

Many items can be hand-washed with eco-friendly soap and dried flat. There's also a new type of dry cleaning called wet cleaning that's better for the environment. Find a business that performs water-process dry cleaning or perc-free cleaning near you.

David Suzuki Foundation

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Survey suggests handwritten notes mean more to employees than other forms of communication

DENISE BERNARD
LIFE@METRONEWS.CA

Whenever my former boss wrote comments like "Good!" and "Nice work" on stories I edited, it had the same effect as a gold star in school: I felt proud and determined to do a good job again. I've kept her thoughtful handwritten birthday and Christmas cards; I can't say the same for equally lovely e-mails and e-cards.

Turns out I'm not the only one who feels this way. According to a recent survey commissioned by BIC, 61 per cent of Canadians believe receiving a personalized form of praise, such as a handwritten note, has more value than other forms of workplace communication.

"A note of recognition can produce an immediate and positive reaction and is a proactive way to appreciate employees," adds handwriting analyst and BIC spokesperson Elaine Charal,

Positive feedback is as important to future employees as it is to seasoned pros. University of Prince Edward Island undergrad Kristen Lockett received a confidence booster and valuable addition to her portfolio in the form of a note highlighting her personal strengths and the specific things that impressed the supervisor at her recent internship.

For Karin Vollmer, who has been teaching at the same Toronto-area high school for 10 years, kudos for extracurricular activities like producing a student talent show and organizing and fundraising for a class trip to Costa Rica have added to her job satisfaction.

"I love the acknowledgement, the fact that my principal takes the time to sit down and write a message about how I've touched people's lives," she says. "It makes me feel that I'm not going unnoticed."

Handwritten notes make good business sense for other reasons. In addition to recognizing team members, Chad McAlpine, RBC Capital Markets vice-president, quantitative and global research, sends small holiday gifts with notes to those who have contributed to his franchise's growth. His inspirations? Business Notes: Writing Personal Notes that Build Professional Relationships by Florence Isaacs ($18, Clarkson Potter), a guide to writing the perfect message to engage employees, win new clients, deepen customer loyalty and more. Plus, personal experience: a year ago, his former boss-turned client sent him a publication he thought McAlpine would enjoy, along with a note.

"It was a very nice touch, and I sent him a letter thanking him for thinking about me," says McAlpine.

Proof that even in the age of texting, e-mail and Twitter, a handwritten note remains a powerful communication tool.

communication 2.0

Looking for other ways to go that extra mile when communicating with managers and colleagues? Here are three tips from Options Personnel senior consultant Zoe Mandel, and career specialist and corporate trainer Colleen Clarke.

- **1. Provide testimonials** for social networking sites like LinkedIn, says Mandel.
- **2. Compliment co-workers test** and managers in front of each other, suggests Clarke.
- **3. Improve your** listening skills, Clarke advises. That means turning away from the computer when someone's speaking, making eye contact, leaning forward and actively listening.

▶ In the age of texting and tweeting, a handwritten note is still a powerful communication tool.

"Each day at work, I receive 600 to 800 e-mails, and on occasion important messages are overlooked. When someone takes the time to write a note by hand and deliver it, I will pay much more attention to it."
CHAD MCALPINE, RBC CAPITAL MARKETS VICE-PRESIDENT, QUANTITATIVE AND GLOBAL RESEARCH

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Facebook takes over the world

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The Facebook Effect
Author: David Kirkpatrick
Publisher: Simon & Schuster, 335 pages
Cost: $34.00

Timing couldn't be more aplomb for this review given the release this week of the highly anticipated film The Social Network. David Kirkpatrick details the insanely fascinating birth of Facebook.com. Originally called TheFaceBook — aptly named after the Harvard Freshman Register, which published images of the incoming Frosh and of course the birth campus of the site — it was actually the second incarnation of a site CEO Mark Zuckerberg developed called Facemash. The first site was a Hot or Not style website for Harvard students to rate who the hottest students on campus were ... it was short lived and almost resulted in Zuckerberg being suspended.

The facts alone are insane, and even more so when you consider that this book was just published in June 2010 and described Facebook as the second most visited website after Google. But just last week, Facebook usurped Google for most "time spent" online.

The original foursome — which included Zuckerberg, Dustin Moskovitz, Chris Hughes and Eduardo Saverin — were devoted to the project, consumed with the ideal of changing the world, not with making money. Their dedication was so ingrained, aggressive even, which was marked by the kind of language they used in the midst of their almost continuous, silent (instant message only) programming marathons ... words like Lock down and Dominate, referring to their ambitions to take on their competition. Its no wonder Mark Zuckerberg's corporate profile describes him as "Founder, Master, and Commander, Enemy of the State." Facebook is our world, and its impact is constantly being seen politically and locally — and of course in business.

Learning to let go can be a healthy exercise for parents

While post-secondary students adapt to life on their own, some parents can be overwhelmed by the change

RAF BRUSILOW
LIFE@METRONEWS.CA

University is often a time when parents struggle to cut the cord and students struggle to embrace their new independence — it's no surprise the whole event can get as messy as a freshman's dorm room.

Coping with independence is something all adults have to learn and the tumult of university can muddy up the waters even more by throwing grades and money into the mix.

Once a son or daughter is older than 18, their parents' only access to the details of their education —courtesy of the Freedom of Information and Protection of Privacy Act — comes from what they share personally, which is why it's important to keep a good relationship going.

Brenda Bradstreet, Canadian author of the independence manual Going Solo, says parents can manage their anxiety by first realizing that letting go is healthy and they can still have a supporting role in their child's new-found independence.

"The whole process can be very overwhelming — all of a sudden the house is empty. You have to keep yourself busy and keep your own life more active and social. If parents feel that their kids are prepared then I think it's easier to let go," Bradstreet said.

For students branching out on their own, often for the first time, the pressures and responsibilities of independence can be a bit scary — that's why guidance and counselling services exist on all campuses for all students to make use of.

FLICKR: NAZARETHCOLLEGE

▶ Parents can manage their anxiety about sending kids to college or university by realizing they can still have a supporting role in their child's new-found independence.

"If you get involved on campus you will get more comfortable gaining new experiences and discover new friends and supports. There may be things you've taken for granted that you now have to take responsibility for yourself." GLEN WEPPLER

"Know yourself and don't be afraid to think for yourself. Trust in your independence and make use of the resources that are available," Bradstreet said.

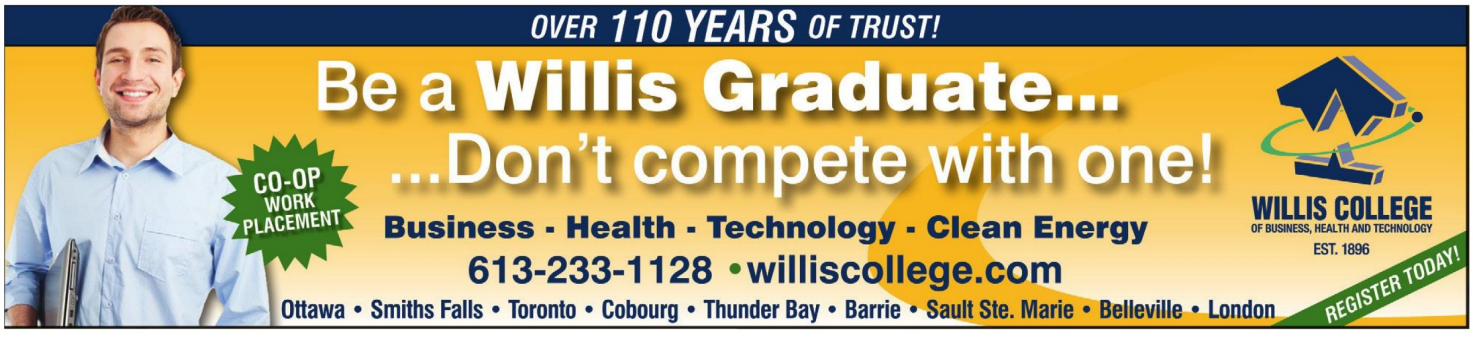
Glen Weppler, director of student community life at Ryerson University, says extracurricular activities are crucial to learning independence.

"One of the best ways for students to move towards more independence is to get involved at school. You can volunteer, you can join a club, the list goes on but make sure you do more than just come to campus and attend class. You will be a more successful student for it," Weppler said.

Stay Involved

For parents, if you have a good relationship with your son or daughter it should be relatively easy to stay involved in their education. A weekly call or Skype chat can go a long way if you can negotiate it. For students, here's a list of things to remember in your first year:

- **Compare student** credit cards carefully — you want to start building your credit but you also want to learn good spending habits. Visit fcac-acfc.gc.ca for details about cards, interest rates and fees.
- **Don't go** it alone — making friends and participating outside of class will make your studies easier and more fun.
- **Bring flip-flops** for dorm showers!
- **If you want** to work part-time, consider getting an on-campus job first — you'll network with similar people and campus positions usually offer great flexibility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How to use social media to get ahead

Social media allows for active communication in the classroom Can also help students, employers connect Be careful to manage your image online

RAF BRUSILOW
LIFE@METRONEWS.CA

Social media can help you make friends, but can it help you get a degree, or even a job?

Experts say "Yes," as long as you clean up your act first.

Beyond offering fun ways to keep in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part his classes, and he encourages students to showcase the work they're proud of — like research presentations — online.

He says social media can impact the classroom in a positive way because it often allows for active communication.

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is two-way, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material — everything digital about yourself you can aggregate," Vogt said.

Of course, online life can have its pitfalls — particularly those of the self-inflicted variety. The simple truth of the digital age is that if you put something into the public sphere, it can exist essentially forever, so make sure that any personal information you place online is of the kind that won't come back to haunt you.

"Be careful about privacy issues and remember that screen captures can live forever. When you're posting something and your 21, you don't want future employers, boyfriends or children asking about it years down the road," Richardson said.

social media tips

- **Electronic portfolio** sites like ePortfolio.org or LinkedIn can be a great way to put your best foot forward, but only if you keep them updated regularly. Always put your most recent, best work first and make sure all your posted information is current.
- **Consider creating** and posting a video resume that shows off your personality, professional appearance and communication skills
- **Pick one of** the social media sites you use to be your primary page, that way it'll be easier to control what gets revealed about you

FLICKR: YUSUNKWON

▶ Social media sites can help students share ideas beyond the classroom and connect with employers.

"The value of social media at school comes from a number of things — increased connectedness, building reputation, building presence and going outside of the boundaries of what's normal in the classroom. This medium is beyond social — when you have a good idea, the whole world can see it." DAVID VOGT

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Cowboys score their first win

Romo throws for two TDS, Barber runs for another against cross-state rivals

27	13
COWBOYS	TEXANS

BOB LEVEY/GETTY IMAGES

▶ Marion Barber rushes past cornerback Glover Quin and linebacker DeMeco Ryan of the Texans.

The Dallas Cowboys can breathe a little easier — and even smile again.

At least for now.

Tony Romo threw two touchdown passes to Roy Williams, Marion Barber ran for another score, and the Cowboys got their first win by beating the Houston Texans 27-13 yesterday.

Romo went 23 for 30 for 284 yards, Williams caught five passes for 117 yards and the Cowboys (1-2) finally put together a complete performance after starting 0-2 for the first time since 2001.

Owner Jerry Jones feared the prospect of a humiliating 0-3 start, and having an extra week to stew over it before his team hosts Tennessee on Oct. 10.

"We were going to really be in bad trouble had we lost this ballgame," Jones said. "Candidly, I was worried about going home and facing five weeks without a win. First five weeks in the NFL without a win; there are all kinds of horror stories."

Coach Wade Phillips said he was losing sleep over the Cowboys' bad start, although Jones said last week that Phillips' job was safe. Now, Dallas heads into an early bye with a victory to build on rather than concerns about what changes the team's unpredictable owner might want to make.

"The thing about this league is you either feel good or feel bad after Sunday," Phillips said. "We feel good right now. Our team came out and showed the way we can play. The little things that were missing in the first couple of games, I think we came through with. We played solid all the way around."

The announced crowd was 71,456, a record for a Texans game at Reliant Stadium. Dallas supporters were well-represented and taunted the hometown fans with "Let's Go, Cowboys!" chant in the waning minutes.

The Cowboys became the second NFL team since the merger to reach 400 wins, joining the Pittsburgh Steelers.

THE ASSOCIATED PRESS

D for Dallas

- The Cowboys' defence emerged after two dull efforts, getting its first three takeaways and holding Houston's top-ranked offence to 340 yards.
- DeMarcus Ware sacked Matt Schaub three times, and the Dallas secondary limited the Texans' star receiver AndreJohnson to four catches for 64 yards.

THE ASSOCIATED PRESS

Anthony-to-Nets trade on hold

EZRA SHAW/GETTY IMAGES

The New Jersey Nets' attempt to acquire Carmelo Anthony is in a holding pattern.

A person close to the trade talks told The Associated Press on Sunday that the Nets are waiting for the Nuggets to sign off on a deal that would bring Anthony to New Jersey and also involve Charlotte and Utah. The person spoke on condition of anonymity because the negotiations were ongoing.

While he couldn't talk directly about Anthony, Nets general manager Billy King acknowledged he had been working on a trade.

"I would say that we're exploring everything," King said yesterday. "But there's no deal. We have nothing. We have nothing. We're excited about the guys playing. I'll continue to explore and see if we can make the team better. At this point I'm excited about watching our guys practice.

"I'll continue to work the phones. It's going to be a methodical process whether we do a deal now or six months from now or next year. But there is nothing."

King admitted there was a sense of frustration in trying to make a big deal happen.

"It's a process," he said. "Anytime I made a trade it's a process. Some of them take two years to get to the point when you get the player you want. Some take two weeks. I think you've got to make sure you do it and do it the right way."

The person who spoke to The AP indicated New Jersey would ship Derrick Favours, the No. 3 pick overall in the draft and at least one first-round pick to the Nuggets for Anthony. New Jersey would also send point guard Devin Harris to Charlotte. There were other pieces to the trade that the person wouldn't discuss.

THE ASSOCIATED PRESS

4 sports

Quoted

"The men just really battled. We got behind and dug ourselves in a hole again and we just came roaring back"

SASKATCHEWAN ROUGHRIDERS COACH KEN MILLER FOLLOWING HIS CLUB'S COMEBACK 32-25 VICTORY OVER THE HAMILTON TIGER-CATS ON SATURDAY.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	93	62	.600	—	—	5-5	L-1	48-30	45-32
New York	92	63	.594	1	—	4-6	L-4	51-29	41-34
Boston	86	68	.558	6½	5½	6-4	W-3	44-34	42-34
Toronto	80	75	.516	13	12	7-3	W-4	44-34	36-41
Baltimore	61	94	.394	32	31	4-6	L-4	34-43	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	63	.594	—	—	5-5	L-3	52-25	40-38
Chicago	83	72	.535	9	9	4-6	W-4	40-34	43-38
Detroit	80	75	.516	12	12	8-2	W-4	52-29	28-46
Cleveland	65	91	.417	27½	27½	5-5	W-3	35-43	30-48
Kansas City	63	92	.406	29	29	3-7	L-3	34-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	68	.561	—	—	5-5	W-3	48-26	39-42
Oakland	77	78	.497	10	15	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	12	17	4-6	L-4	40-38	35-42
Seattle	59	96	.381	28	33	4-6	W-1	35-42	24-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
z-Philadelphia	93	63	.596	—	—	8-2	L-2	52-29	41-34
Atlanta	87	69	.558	6	½	4-6	L-1	52-23	35-46
Florida	77	78	.497	15½	10	4-6	L-1	38-39	39-39
New York	76	79	.490	16½	11	4-6	W-2	44-30	32-49
Washington	67	89	.429	26	20½	5-5	W-1	40-38	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	80	75	.516	6½	7	5-5	W-1	46-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	100	.355	31½	32	7-3	W-2	40-41	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	72	.535	4½	4	4-6	L-1	52-26	31-46
Los Angeles	75	81	.481	13	12½	3-7	L-2	43-35	32-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

z-clinched playoff berth; x-clinched division

AMERICAN LEAGUE

Yesterday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
Boston at N.Y. Yankees
Saturday's results
Toronto 5 Baltimore 4 (11 ings.)
Texas 4 Oakland 3
Boston 7 N.Y. Yankees 3
Cleveland 7 Kansas City 1
Detroit 11 Minnesota 10 (13 ings.)
Tampa Bay 9 Seattle 1
Chicago White Sox 6 L.A. Angels 2
Tonight's games
(All times Eastern)
Detroit (Galarraga 4-7) at Cleveland (C.Carrasco 1-1), 7:05 p.m.
N.Y. Yankees (A.J.Burnett 10-14) at Toronto (Rzepczynski 2-4), 7:07 p.m.
Baltimore (Matusz 8-12) at Tampa Bay (W.Davis 12-9), 7:10 p.m.
Seattle (Pauley 3-8) at Texas (C.Wilson 14-7), 8:05 p.m.
Boston (C.Buchholz 16-7) at Chicago White Sox (Buehrle 12-12), 8:10 p.m.
Minnesota (Slowey 13-6) at Kansas City (Davies 8-11), 8:10 p.m.
Oakland (Bre.Anderson 6-6) at L.A. Angels (E.Santana 17-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4
Saturday's results
Atlanta 5 Washington 0
Chicago Cubs 7 St. Louis 3
San Diego 4 Cincinnati 3
Pittsburgh 6 Houston 4
N.Y. Mets 5 Philadelphia 2
Florida 4 Milwaukee 0
Arizona 5 L.A. Dodgers 2
Colorado 10 San Francisco 9 (10 ings.)
Tonight's games
(All times Eastern)
Philadelphia (Halladay 20-10) at Washington (Lannan 8-7), 7:05 p.m.
Florida (Sanabia 5-3) at Atlanta (Hanson 10-11), 7:10 p.m.
Milwaukee (Bush 7-13) at N.Y. Mets (Pelfrey 15-9), 7:10 p.m.
Pittsburgh (Morton 2-11) at St. Louis (Lohse 4-8), 8:15 p.m.
L.A. Dodgers (Lilly 8-12) at Colorado (Jimenez 19-7), 8:40 p.m.
Chicago Cubs (Zambrano 9-6) at San Diego (Stauffer 5-4), 10:05 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	92	63	.594	-
Boston	86	68	.558	5.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	72	.535	4.0
St. Louis	80	75	.516	7.0

AMERICAN LEAGUE

BLUE JAYS 5, ORIOLES 2

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
BRorts 2b	5	0	0	0	Snider lf	3	1	1	0
Markks rf	4	0	0	0	A.Hill 2b	4	0	0	0
Wggntn 1b	3	1	1	0	McCoy 2b	0	0	0	0
Scott dh	2	0	1	0	JBautst rf	2	1	0	0
Pie lf	4	0	0	0	V.Wells cf	4	0	1	1
AdJons cf	4	1	3	1	Overay 1b	4	0	1	1
Wieters c	3	0	0	1	J.Buck c	3	2	2	0
Andino 3b	4	0	1	0	Lind dh	4	1	3	0
Clzturs ss	4	0	1	0	Encrnc 3b	3	0	0	0
JMcDnl ss	2	0	1	3					
Totals	**33**	**2**	**7**	**2**	**Totals**		**29**	**5**	**9**	**5**

Baltimore				010	000	010		2		
Toronto				111	002	00x		5		

E—VandenHurk (1), J.Buck (4). DP—Baltimore 2. LOB—Baltimore 8, Toronto 5. 2B—Overbay (35), Lind (31). SB—Ad.Jones (6), Snider (6). SF—Wieters, Jo.McDonald.

	IP	H	R	ER	BB	SO
Baltimore						
VandenHurk L,0-1	4	4	3	3	2	5
Simon	1-3	0	0	0	0	0
Albers	1 2-3	3	2	2	0	1
Da.Hernandez	2	2	0	0	0	0
Toronto						
Marcum W,13-8	7	4	1	0	2	7
Camp	2-3	3	1	1	0	0
Frasor S,4-8	1 1-3	0	0	0	0	1

T—2:48. A—17,831 (49,539) at Toronto.

SOCCER

MLS

Saturday's results
San Jose 3 Toronto FC 2
Philadelphia 3 Chivas USA 0
Houston 3 D.C. United 1
New England 2 Columbus 2
Seattle FC 1 Chicago 0
FC Dallas 3 Kansas City 1
Real Salt Lake 1 Colorado 1
Wednesday's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's results
Bolton 2 Manchester United 2
Wolverhampton 1 Aston Villa 2
Newcastle 1 Stoke 2

GERMANY

BUNDESLIGA

Yesterday's results
Kaiserslautern 0 Hannover 1
Wolfsburg 2 Freiburg 1

ITALY

SERIE A

Yesterday's results
Bari 2 Brescia 1
Catania 1 Bologna 1
Cesena 1 Napoli 4
Chievo Verona 0 Lazio 1
Fiorentina 2 Parma 0
Juventus 4 Cagliari 2
Palermo 2 Lecce 2
Sampdoria 0 Udinese 0

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Aberdeen 2 Rangers 3

SPAIN

LA LIGA

Yesterday's results
Atletico Madrid 1 Zaragoza 0
Deportivo La Coruna 0 Almeria 2
Espanyol 1 Osasuna 0
Hercules 2 Sevilla 0
Mallorca 2 Real Sociedad 0
Racing Santander 0 Getafe 1

NHL

PRE-SEASON

Yesterday's results
Detroit 5 N.Y. Rangers 3
Montreal 4 Minnesota 3
Edmonton 8 Vancouver 2
St. Louis at Colorado
Tonight's games
(All times Eastern)
Buffalo at Toronto, 7 p.m.
Florida at Montreal, 7:30 p.m.
Atlanta at Nashville, 8 p.m.
Tomorrow's games
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

CANADIENS 4, WILD 3

First Period
1. Montreal, Engqvist 1 (Schultz) 9:49
2. Minnesota, Clutterbuck 1 (Zidlicky, Miettinen) 12:12
Penalties — Zidlicky Min (interference) 12:41, Engqvist Mtl (slashing) 15:37, Kobasew Min (high-sticking) 19:46.
Second Period
3. Montreal, White 1 (Picard, Gomez) 6:23
4. Montreal, Boyd 2 (Pacioretty, Nash) 6:57
5. Montreal, Nash 1 (Pacioretty, Carle) 8:02
Penalties — Henry Mtl, Kalus Min (fighting) 2:57, Schultz Mtl, Bagnall Min (fighting) 3:26, Peters Min (holding) 4:08, Gillies (high-sticking) 15:01, Stoner Min (tripping) 15:53, Zidlicky Min (tripping) 17:11, Henry Mtl (interference) 19:35.
Third Period
6. Minnesota, Falk 1 13:21
7. Minnesota, Brodziak 1 (Miettinen, Latendresse) 19:47
Penalty — Subban Mtl (roughing) 9:10.
Shots on goal by

Montreal	13	9	6	28
Minnesota	4	1	9	14

Goal — Montreal: Auld (W); Minnesota: Khudobin (L) **Power plays (goals-chances)** — Montreal: 0-6; Minnesota: 0-3.
Attendance — 21,273 at Minneapolis.

OILERS 8, CANUCKS 2

First Period
1. Edmonton, Eberle 1 (Whitney) 2:00 (pp)
2. Edmonton, Penner 1 (Vandermeer, Omark) 4:46 (pp)
3. Vancouver, Malholtra 1 (Torres, Sweatt) 6:28
4. Edmonton, Horcoff 1 (Eberle) 6:44
5. Edmonton, Eberle 2 (Horcoff, Hall) 16:40
Penalties — Morrision Vcr (hooking) 1:03, Kesler Vcr (hooking) 3:06, Hordichuk Vcr (roughing) 7:20, Volpatti Vcr, Strudwick Edm (fighting) 7:20.
Second Period
6. Edmonton, Vande Velde 2 (Hartikainen, Petry) 4:45
7. Vancouver, Kesler 1 (Raymond) 17:56
Penalties — Brule Edm (tripping) 2:02, Hordichuk Vcr, Stortini Edm (fighting) 4:57, Whitney Edm (slashing) 5:24, Rome Vcr (holding) 8:45, Strudwick Edm (holding) 11:53, Samuelsson Vcr (slashing) 12:47, Brule Edm (roughing) 12:47, Hordichuk Vcr (interference) 15:03.
Third Period
8. Edmonton, Horcoff 2 (Vandermeer, Hall) 0:45
9. Edmonton, Omark 1 (Motin, Brule) 1:28
10. Edmonton, Penner 2 (Brule, Omark) 14:19
Penalties — Vandermeer Edm (cross-checking) 8:54, Sweatt Vcr (interference) 11:43.
Shots on goal by

Vancouver	6	12	10	28
Edmonton	15	6	12	33

Goal — Vancouver: Schneider (L,0-2-0); Edmonton: Khabibulin (W,1-0-0).
Power plays (goals-chances) — Vancouver: 0-4; Edmonton: 2-6.
Referees — Brad Meier, Brian Pochmara.
Linesmen — Vaughan Rody, Mark Wheler.
Attendance — 16,839 (16,839) at Edmonton.

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
New England	2	1	0	.667	90	82
N.Y. Jets	1	1	0	.500	37	24
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Yesterday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets at Miami
Tonight's game
Green Bay at Chicago, 8:30 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.
Yesterday's result
At Moncton, N.B.
Edmonton 24 Toronto 6
Saturday's results
B.C. 29 Calgary 10
Saskatchewan 32 Hamilton 25
Friday's result
Montreal 44 Winnipeg 40

GOLF

TOUR CHAMPIONSHIP

At Atlanta
Par 70
Final Round

Jim Furyk, $1,350,000	67-65-70-70-272
Luke Donald, $810,000	66-66-71-70-273
Retief Goosen, $517,500	71-66-66-71-274
Nick Watney, $330,000	71-74-63-67-275
Paul Casey, $330,000	66-71-69-69-275
Charley Hoffman, $270,000	71-67-69-70-277
Ernie Els, $247,500	71-71-71-65-278
K.J. Choi, $247,500	68-68-74-68-278
Zach Johnson, $208,125	74-72-66-67-279
Camilo Villegas, $208,125	73-69-68-69-279
Ryan Moore, $208,125	70-72-68-69-279
Kevin Streelman, $208,125	70-70-69-70-279
Tim Clark, $178,500	70-73-70-67-280
Geoff Ogilvy, $178,500	66-67-72-75-280
Justin Rose, $162,000	74-68-72-67-281
Hunter Mahan, $162,000	69-71-73-68-281
Ben Crane, $147,000	71-69-76-66-282
Robert Allenby, $147,000	71-70-71-70-282
Bubba Watson, $147,000	75-69-67-71-282
Jason Day, $147,000	69-69-71-73-282
Kevin Na, $147,000	69-68-69-76-282
Dustin Johnson, $136,500	73-71-73-66-283
Phil Mickelson, $136,500	69-72-68-74-283
Bo Van Pelt, $132,000	74-69-69-72-284
Matt Kuchar, $127,500	72-70-72-71-285
Steve Stricker, $127,500	74-68-68-75-285
Adam Scott, $124,500	74-71-69-74-288
Ryan Palmer, $123,000	74-72-73-70-289
Jeff Overton, $121,500	75-70-73-73-291
Martin Laird, $120,000	75-73-74-73-295

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CLEVELAND INDIANS—Acquired OF Preston Mattingly from the L.A. Dodgers for OF Roman Pena.

HOCKEY

NHL

CAROLINA HURRICANES—Assigned F Jon Matsumoto, F Riley Nash, F Jerome Samson, F Jared Staal and D Bryan Rodney to Charlotte (AHL).
CHICAGO BLACKHAWKS—Assigned F Chris DiDomenico and D Shawn Lalonde to Rockford (AHL).
COLUMBUS BLUE JACKETS—Assigned F Kyle Neuber, F Chris Francis, F Tyler Murovich, D Michael Ratchuk and D Dalton Prout to Springfield (AHL).
COLORADO AVALANCHE—Reassigned G John Grahame, G Jason Bacashihua, D Cameron Gaunce and RW Luke Walker to Lake Erie (AHL). Reassigned D Stefan Elliott to Saskatoon (WHL).
MONTREAL CANADIENS—D Mathieu Dandenault announced his retirement.
ST. LOUIS BLUES—Assigned D Daryl Boyle, D Mark Cundari, F Anthony Peluso, F Philip McRae, F Anthony Nigro, F Tyler Shattock, F Stefan Della Rovere, G Jake Allen and G Gerald Coleman to Peoria (AHL). Assiged D Brett Ponich to Portland (WHL), D David Shields to Erie (OHL), F Cody Beach to Calgary (WHL), F Stephen MacAulay to Saint John (QMJHL) and F Chris DeSousa to London (OHL).
PITTSBURGH PENGUINS—Assigned G Mattias Modig to Wilkes-Barre/Scranton (AHL).
TAMPA BAY LIGHTNING—Assigned F Mike Angelidis, D Mark Barberio, F Alex Berry, F Mitch Fadden, F Mitch Fritz, F Stefano Giliati, D Radko Gudas, F Alex Hutchings, D Scott Jackson, G Jaroslav Janus, F Blair Jones, D Vladimir Mihalik, F Niklas Persson, D Kevin Quick, F Juraj Simek, F Paul Szczechura, G Dustin Tokarski, D Ty Wishart and F James Wright to Norfolk (AHL). Released F Matt Fornataro and F Tim Marks.

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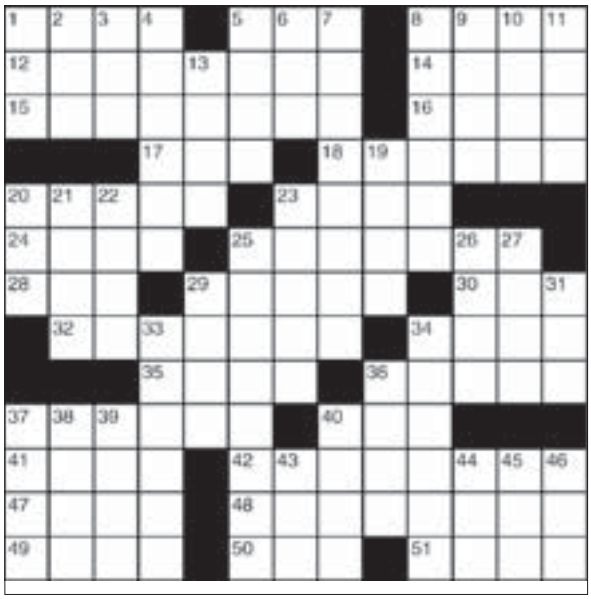
Crossword



Across

1 Victories
5 Exist
8 Grate
12 Baldness
14 Always
15 Head of state?
16 Dossier
17 Travail
18 So all can hear
20 Donkeys
23 Intimidates
24 Storage structure
25 Glasses with stems
28 Crone
29 Israel politico Shimon
30 Ram's mate
32 Special boys
34 Throb
35 Unctuous
36 That certain something
37 Tenor Enrico
40 America's uncle
41 Addict
42 A driver tries to hit it
47 Rod attachment
48 Sort of
49 "— and the Tramp"
50 Baseballer's topper
51 Go by bus

Down

1 Joker
2 UN agency
3 Oct. follower
4 Gushed forth
5 Dermatologist's case
6 Carnival city
7 Oft-pierced body parts
8 Just say no to
9 Eager
10 Vend
11 Quarry
13 Love god
19 Hooters
20 Blond shade
21 Carpet type
22 Lily variety
23 Hackneyed
25 Based on earth science
26 Abound
27 Trade
29 Omegas' preceders
31 Biblical verb suffix
33 With sullenness
34 Wartime plane
36 Lummoxes
37 Ringlet
38 Between ports
39 Oboe insert
40 Reply to a masher
43 — budget
44 Blackbird
45 1960s hallucinogen
46 Sheltered side

▶ Yesterday's answer

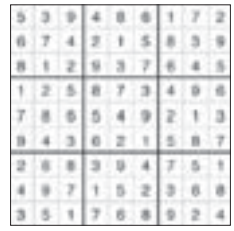
Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Stef, thank you for all your love and support, you truly are the best friend ever!
EV

Hey Babycakes, Salgirah mubarak! I love you! I wish you the best birthday and want all your wishes to come true!
LOVE, BABES

Randal, After our first dance you asked me what I was doing the rest of my life. 3 years later we are still "in the fog". Happy Anniversary honey! I love you so much.
TAMMY

Want to make sure that everyone is gona have a good week. Want everyone to have a good time this week and have fun. Jes, Sab, RAS, Nicole, Verd, Ebi, Eva and others.
CARLOS

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will gobble up work and routine matters today but there is also a danger that you will take on too much and restrict the time you have available for other interests.

♉ Taurus April 21-May 21 No target is beyond your reach but you must be clear in your mind what it is you are aiming for.

♊ Gemini May 22-June 21 You may be finding it difficult to persuade people to do things for you at the moment but that will alter when Mercury, your ruler, changes signs next weekend.

♋ Cancer June 22-July 22 You may find it hard to keep your mouth shut today, even though you know that you should. Make it your business to put them straight.

♌ Leo July 23-Aug.23 Something will happen today that makes you realize that, while it's good to be generous, you need to be mindful of who you choose to help out. Not everyone deserves a helping hand

♍ Virgo Aug. 24- Sept. 22 It's never too late to start something new and while Mercury, your ruler, remains in your sign you will get every opportunity to get a creative dream off the ground. That gives you about six days to get serious about it.
.

♎ Libra Sept. 23-Oct. 23 If you need to ask someone a favor do so today while the planets are aligned in your favor. If you leave it until later in the week the influence of Saturn in your sign could make a "no" answer more likely.

♏ Scorpio Oct. 24-Nov. 22 The dividing line between fact and fiction can be difficult to spot and you'll need to make a special effort to see it today.

♐ Sagittarius Nov. 23-Dec. 21 Because Sagittarius is a Fire sign people expect you to be assertive at times and you will certainly need to push a bit harder than usual today if you want to get things done.
?

♑ Capricorn Dec. 22-Jan. 20 Actions always have consequences – not sometimes, always – and if you keep that thought in mind today it will guide the kind of actions you need to take

♒ Aquarius Jan. 21-Feb. 18 Check facts and figures carefully because there is a possibility that someone is trying to mislead you.

♓ Pisces Feb. 19-March 20 If someone asks for your opinion today you must be honest with them, even if you suspect they won't much like what you say. It's not your responsibility to spare their precious feelings, it's your job to tell it like it is.

SALLY BROMPTON

ANTONIO CALANNI/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LAI SENG SIN/THE ASSOCIATED PRESS

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10 Accent

- Load, A/C, Auto
- st: 31173
- km: 42912

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$87*** Bi-weekly

07 Mazda3

- A/C, Std
- st: 29278
- km: 73424

$10,670
$97*** Bi-weekly

10 Elantra

- Load, A/C, Auto
- st: 31215
- km: 38092

$13,840
$112* Bi-weekly

10 Accord LX

- Load, A/C, Auto,
- st: 31038
- km: 1588

$23,830
$184*** Bi-weekly

06 Matrix

- A/C, Std
- st: 29661
- km: 77004

$8,860
$93* Bi-weekly

09 Nissan Sentra

- A/C, Auto
- st: 29985
- km: 56040

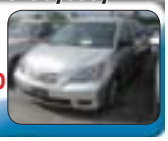
$11,950
$100*** Bi-weekly

06 Outback S/W

- Load, A/C, Std
- st: 31079
- km: 98095

$13,840
$146* Bi-weekly

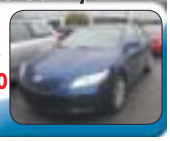
09 Odyssey



- Load, A/C
- st: 31105
- km: 48599

$22,880
$177*** Bi-weekly

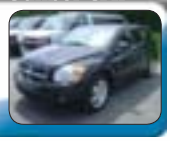
10 Camry LE



- Load, A/C, Auto
- st: 29736
- km: 31787

$19,840
$161*** Bi-weekly

07 Caliber SXT



- Load, A/C, Std
- st: 29604
- km: 79217

$9,940
$91** Bi-weekly

07 Rabbit

- Load, A/C, Roof, Std
- st: 31059
- km: 69949

$12,860
$117** Bi-weekly

07 Civic Coupe

- Load, A/C, Std
- st: 31207
- km: 77376

$11,650
$106** Bi-weekly

10 Volvo S40

- Load, A/C, Std
- st: 29898
- km: 15141

$25,890
$200*** Bi-weekly

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10 Corolla LE

- Load, A/C
- st: 29489
- km: 30257

$17,850
$144*** Bi-weekly

08 Mazda Tribute

- Load, A/C, Auto
- st: 29529
- km: 54497

$17,950
$145*** Bi-weekly

07 Dakota SLT Magnum

- 4x4, Load, A/C
- st: 29894
- km: 94964

$15,860
$144** Bi-weekly

07 Ford Ranger

- A/C, Auto
- st: 31193
- km: 46486

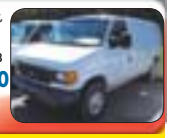
$12,980
$118** Bi-weekly

06 Mazda B4000

- 4x4, Load, A/C, Std
- st: 29776
- km: 66626

$13,350
$141* Bi-weekly

07 Econoline E250



- Super Duty, A/C
- st: 28294
- km: 75138

$17,360
$158** Bi-weekly

10 Dodge Journey

- Load, A/C
- st: 29473
- km: 20291

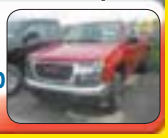
$18,850
$161*** Bi-weekly

09 Kia Rio

- Load, A/C, Auto
- st: 31176
- km: 55711

$9,960
$81*** Bi-weekly

06 GMC Canyon



- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950
$168* Bi-weekly

06 Avalanche Z71

- 4x4, Load, A/C
- st: 29674
- km: 76635

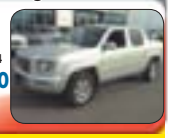
$19,650
$207* Bi-weekly

06 Sierra 1500 Z71

- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850
$223* Bi-weekly

08 Ridgeline RTL



- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890
$254*** Bi-weekly

06 Escape 4WD

- Load, A/C, Auto
- st: 29949
- km: 101805

$11,970
$126* Bi-weekly

07 Sienna

- Load, A/C
- st: 29879
- km: 90921

$15,870
$145** Bi-weekly

07 Raider LS

- Load, A/C, Auto
- st: 28990
- km: 37060

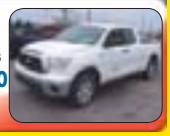
$17,890
$163* Bi-weekly

09 Frontier SE

- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980
$201*** Bi-weekly

07 Tundra SR5



- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850
$261*** Bi-weekly

08 Tacoma 4x4

- Load, A/C, Auto
- st: 29908
- km: 23590

$28,870
$223*** Bi-weekly

09 Golf City

- A/C, Auto
- st: 31223
- km: 52850

$13,650
$110*** Bi-weekly

06 Tucson

- Load, A/C Auto
- st: 31149-A
- km: 91310

$9,840
$104* Bi-weekly

10 Ford F-150

- 4x4, Load, A/C
- st: 29976
- km: 34488

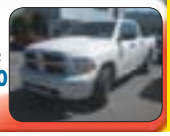
$25,840
$200*** Bi-weekly

09 Chevrolet G15

- A/C
- st: 28312
- km: 38582

$21,860
$169*** Bi-weekly

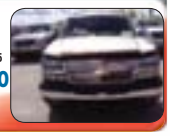
09 Dodge Ram SLT



- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950
$193*** Bi-weekly

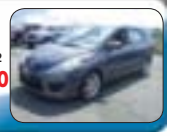
06 Avalanche Z71



- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650
$207* Bi-weekly

09 Mazda5



- Load, A/C, Auto
- st: 29539
- km: 51972

$17,450
$141*** Bi-weekly

09 Jeep Liberty

- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950
$145*** Bi-weekly

10 Altima 2.5S

- Load, A/C, Auto
- st: 31216
- km: 38516

$17,980
$146*** Bi-weekly

08 Acura CSX NAV

- Load, Auto Roof, Lthr
- st: 29786
- km: 72230

$16,950
$137*** Bi-weekly

06 Santa Fe

- Load, A/C, Std
- st: 31096
- km: 75697

$10,480
$110* Bi-weekly

07 Yaris

- Std
- st: 29044
- km: 77412

$8,350
$76** Bi-weekly

08 Saturn Astra

- Load, A/C, Std
- st: 31078
- km: 48832

$10,980
$89*** Bi-weekly

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